

Pranayama

Abdominal Breathing: Prone

Starting Position: prone position. If very skinny, place a thin pillow under the belly to fill the space and to avoid unpleasant pressure on the hips. If necessary, you can also use a thin pillow under the chest to avoid pressure on the cervical area.

Rotate your legs outwards from the hip joint; turn the inner malleoli of the ankles towards the ground and if possible keep them in contact with the floor.

Breathe rhythmically from the abdomen. Focus your attention on the downward pressure, and on the upward movement of the lower back and glutei created by breathing. Observe how the movement is inverted when exhaling. When inhaling, direct the breath downwards, feeling a light stretch in the pelvis as it moves away from the shoulders.

Attention is consistently focussed on breathing, and making it slow and precise. Practice this exercise for 3-5 minutes.



Contraindications: none.

Benefits: increases mobility of the diaphragm; massages viscera and abdominal organs; relaxes and stretches the lumbar-sacral region; helps improve awareness of the abdominal area and slows down mental frequencies.